

### **ABSTRACT**

A training device is disclosed, or a device for training, sport, gymnastics and for therapy, characterized by an arched planar element (1), having a largely rectangular outline. The arching or curvature encloses an angle of at least  $30^\circ$ , said angle generally being an angle of ca.  $30 - 180^\circ$ , preferably ca.  $60 - 100^\circ$ . The arched planar element can have a nearly form stable embodiment, made from wood, a polymeric material, such as a reinforced polymer or light metal. It is also possible to give the element a weakly elastic embodiment, using a correspondingly weakly elastic material such as wood, or a correspondingly weakly elastic polymer.